

## SSB TRAINING

### Background Preparation:

The Background Preparations of the Students include regular instructions on personality development, spoken English, General Awareness level & Enhancing the Reasoning ability both Verbal & Non Verbal. Team of qualified & experienced teachers conduct this training throughout the year.

### Infrastructure:

Individual and group obstacles as per SSB pattern and standards have been created in the campus. Students are periodically put through these for limb coordination and strengthening training.

Group testing officer's tasks comprising of Progressive Group Tasks, Half Group Task, Final Group task and Command Task have also been constructed to give real feel of the SSB.

An AV room is available for conducting psychology tests (WAT, TAT, SRT and SD). An office is also available for conduct of mock interview.

### The SSB Faculty :

The faculty consists of retired and qualified senior Defence officers who had been Interviewing Officer, Group Testing Officer & the Psychologist are all trained professional at the Defence institute of Psychological research (DIPR) New Delhi under MOD. Interactive sessions are held through out the year whereby the weak & strong traits of a candidate are discussed & proper feedback is given for corrective measures & follow up to improve on weak areas.

### SSB Capsule :

A two week SSB Capsule on regular basis is conducted by a team of highly experienced and qualified retired officers who have been assessors in the SSB. The capsule is conducted as per SSB standards & rules. Following is the process for five days at the SSB Center :-

#### DAY - 1 :

#### SSB SCREENING :

Intelligence & IQ Tests (OIR)

Screening Test-PPDT & GD

Personal Information Questionnaire (PIQ)

DAY - 2 :

PSYCHOLOGICAL TECHNIQUE :

Thematic Apperception Test - (TAT)

Word Association Test - (WAT)

Situation Reaction Test - (SRT)

Self Description - (SD)

DAY - 3 :

GTO'S TECHNIQUE :

Group Discussion (GD)

Group Planning Exercise (GPE)

Progressive Group Tasks (PGT)

Group Obstacle Race (GOR)

Half Group Task (HGT)

Lecturette

Individual Obstacle (IO's)

Command Task (CT)

Final Group Task (FGT)

DAY - 4 :

INTERVIEW TECHNIQUE :

Various Types of Interview Techniques

Evaluation as in the SSB

Identify Weaknesses & Strengths of the candidates

Importance of Answering Techniques & Body Language

DAY - 5 :

## FINAL BOARD CONFERENCE :

Conduct of Conference

## ADDITIONAL ASPECTS OF

## THE CAPSULE COURSE :

Self Awareness and Personality Development

Emotional Intelligence & Behavioral aspects

Positive Body Language

Communication Skills, Public Speaking

Social Behavior & Social Skills

Current Affairs & General Awareness

Group discussions & English Speaking

Facing the Interviews the Correct Way

Physical Fitness

## DAY - 3 :

## GTO'S TECHNIQUE :

Group Discussion (GD)

Group Planning Exercise (GPE)

Progressive Group Tasks (PGT)

Group Obstacle Race (GOR)

Half Group Task (HGT)

Lecturette

Individual Obstacle (IO's)

Command Task (CT)

Final Group Task (FGT)

DAY - 4 :

INTERVIEW TECHNIQUE :

Various Types of Interview Techniques

Evaluation as in the SSB

Identify Weaknesses & Strengths of the candidates

Importance of Answering Techniques & Body Language

DAY - 5 :

FINAL BOARD CONFERENCE :

Conduct of Conference